

Hormone Advanced Practice Module: Re-establishing Hormonal Balance in the Hypothalamic, Pituitary, Adrenal, Thyroid, and Gonadal Axis

July 12-14, 2024 - Livestream

FRIDAY, JULY 12			
7:15–8:45 am	1.5 CE Exam/Diagnosis	<p>Key Principles of Assessing and Treating Hormonal Dysfunction</p> <p>This opening talk will explore the definition of optimal hormonal health. Dr. Evans will outline and review the underlying principles that the faculty will utilize in prioritizing assessment and treatment approaches. Key concepts will be introduced and explained, and foundational physiology reviewed. A preview of the important take-home points from each lecture will be discussed as well as placed in the context of the Matrix and the functional medicine approach to health.</p>	Joel Evans, MD
9:30–11:30 am	2.0 CE Exam/Diagnosis	<p>Assessing and Treating Patterns of Adrenal Dysfunction</p> <p>Dr. Trindade will begin the discussion of hormonal dysfunction with a focus on the linchpin: the adrenal glands. Adrenal dysfunction manifests in a wide variety of patterns, and dysfunction commonly occurs on a spectrum from “adrenal overdrive” to “adrenal fatigue.” The key players in this symphony are adrenaline, cortisol, and dehydroepiandrosterone (DHEA). Stress and many other factors have profound impacts on adrenal function. Dr. Trindade will discuss the important history, physical examination, and laboratory evaluations that should be performed to better understand patterns of adrenal dysfunction.</p>	Filomena Trindade, MD
1:00–1:30 pm	0.5 CE Exam/Diagnosis	<p>Assessing and Treating Patterns of Adrenal Dysfunction, Case Studies</p> <p>Dr. Trindade will present a series of case vignettes illustrating patterns of HPA axis dysfunction. Relevant laboratory evaluation, modifiable lifestyle factors, nutraceuticals, botanicals, and hormone replacement therapy will be discussed.</p>	Filomena Trindade, MD
1:40–2:40 pm	1.0 CE Exam/Diagnosis	<p>Advanced Assessment and Treatment of Thyroid Dysfunction, Part 1</p> <p>Dr. Lukaczer will frame the topic of thyroid dysfunction by clarifying how to place it in the context of the functional medicine Matrix. Understanding how thyroid function affects and is affected by stress and other adrenal and sex-steroid hormone disturbances is key to knowing how best to effectively push on the web related to thyroid dysfunction. Dr. Lukaczer will catalog the important history, examination, and laboratory evaluations that should be conducted to better understand patterns of thyroid dysfunction. He will also cover controversies over laboratory assessment, including thyroid-stimulating hormone, reverse T3, and iodine testing.</p>	Dan Lukaczer, ND
3:30–5:00 pm	1.5 CE Exam/Diagnosis	<p>Advanced Assessment and Treatment of Thyroid Dysfunction: Part 2</p> <p>In Part 2, Dr. Lukaczer will discuss the best thyroid treatment options, including lifestyle modifications, nutrition, supplementation, and pharmaceutical interventions. He will make recommendations on treatment</p>	Dan Lukaczer, ND

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		options and review and comment on the controversies surrounding hormone replacement using T3 and T4, iodine supplementation, and nutraceutical approaches. Questions and Answers on Adrenal Dysfunction and Thyroid Dysfunction (Drs Trindade & Lukaczer)	
5:00–5:45 pm	0.75 CE Exam/Diagnosis	The Center of the Functional Medicine Matrix: Mental, Emotional, and Spiritual Health Part 1 A chronic illness can cause physical suffering and the stress of the illness can accentuate and fuel exacerbations related to that disease. Dr. Evans will frame how a patient’s belief system can have a profound influence on how they view their illness, as well as how ways of coping with disease can have profound effects on getting well. This talk will emphasize the relationship of stress to health and illness, as well as explain how stress reduction can influence the course of disease and affect healing. Specific stress-reduction techniques and the literature documenting their effectiveness will be discussed. Finally, he will discuss the importance of introducing hope, connection, and spirituality as part of a therapeutic healing plan. Question and Answer session with Drs Evans, Trindade and Lukaczer	Joel Evans, MD
SATURDAY, JULY 13			
7:15–8:00 am	0.75 CE Exam/Diagnosis	Hormonal Pattern Recognition in Women Marcelle Pick explores common hormonal patterns in reproduction age women. Recognizing the drivers of hormonal imbalance enables practitioners to customize their laboratory assessment and treatment plan more efficiently. Patterns discussed include fluctuations in hormone levels, estrogen dominance, luteal phase dysfunction, hormonal insufficiency, and sub-optimal hormone metabolism. Discussion of each pattern includes case vignettes, common signs and symptoms, pathophysiology, and summary of treatment options.	Marcelle Pick, NP
8:00–8:30 am	0.5 CE Exam/Diagnosis	Conditions of Estrogen Excess in Women Dr. Wendy Warner reviews patterns of hormonal dysfunction with particular focus on estrogen excess. This lecture highlights conditions of estrogen excess, including uterine fibroids and endometriosis. Contributors to both conditions, including chronic inflammation, detoxification, and blood glucose metabolism will be discussed. Further, Dr. Warner will discuss a range of therapeutic interventions including diet and lifestyle, nutraceuticals, botanicals, and pharmaceuticals.	Wendy Warner, MD
9:10–9:55 am	0.75 CE Exam/Diagnosis	A Functional Approach to Female Menstrual and Reproductive Health Marcelle Pick starts the topic of hormone dysfunction in women by reviewing sex steroid hormone patterns during the reproductive period of life. She will then highlight functional medicine approaches to disorders	Marcelle Pick, NP

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		commonly seen during this period, including early menarche, PMS and other menstrual disorders, PCOS, and infertility.	
10:00–11:00 am	1.0 CE Exam/Diagnosis	Navigating Perimenopause Dr. Wendy Warner discusses a functional medicine approach to the assessment and treatment of dysfunctional perimenopausal hormonal patterns, including hot flashes, irregular/heavy bleeding, and mood swings. Topics include signs and symptoms of perimenopause, risk factors for early perimenopause, mental/emotional/spiritual considerations, and a multi-modality treatment approach which includes diet and lifestyle, botanicals, nutraceuticals, and hormone replacement therapy. Sexual function, including common contributors to changes in libido, are also discussed.	Wendy Warner, MD
12:20–12:50 pm	0.5 CE Exam/Diagnosis	Women’s Health Roundtable In this panel-style discussion, the educator team will review challenges in the assessment and treatment of hormonal concerns in women from menarche through the perimenopausal stage of life.	Marcelle Pick, NP Wendy Warner, MD Joel Evans, MD
12:50–2:20 pm	1.5 CE Exam/Diagnosis	Menopause and the HRT Decision Tree Part 1 Dr. Evans will review and discuss recommendations on key topics in female hormone dysfunction, focusing on the menopausal period of life; this review will highlight imbalances associated with hormonal deficiencies, including osteoporosis, cognitive decline, and heart disease risk. Dr. Evans will discuss how a functional Medicine approach can be applied to menopausal management and will also summarize hormone replacement approaches.	Joel Evans, MD
3:00–3:45 pm	0.75 CE Exam/Diagnosis	Optimizing Estrogen Metabolism for Cancer Prevention Dr. Wendy Warner will evaluate the clinical implications of estrogen metabolism and how modulation can play a role in breast cancer risk reduction. Topics for discussion include breast cancer screening and risk reduction through nutrition, reduction of environmental exposures, optimizing metabolic health, and use of selective estrogen receptor modulators. The impact of exogenous hormone use on cancer risk will also be reviewed.	Wendy Warner, MD
3:45–4:45 pm	1.0 CE Exam/Diagnosis	Menopause and the HRT Decision Tree Part 2 Dr. Evans continues the discussion on female hormone dysfunction, focusing on the menopausal period of life. An interactive case discussion will highlight risk and benefit analysis regarding menopausal hormone replacement therapy.	Joel Evans, MD

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4:45-5:45 pm	1.0 CE Exam/Diagnosis	<p>The Center of the Functional Medicine Matrix: Mental, Emotional, and Spiritual Health Pt 2</p> <p>Chronic illness can cause physical suffering and the stress of the illness can accentuate and fuel exacerbations related to that disease. A patient's belief system can have a profound influence on how they view their illness, as well as how ways of coping with disease can have profound effects on getting well. This talk will emphasize the relationship of stress to health and illness, as well as explain how spiritual practice and stress reduction can influence the course of disease and affect healing. Specific stress-reduction techniques and the literature documenting their effectiveness will be discussed.</p> <p>Question and Answer Session</p>	Joel Evans, MD
SUNDAY, JULY 14			
7:00–7:30 am	0.5 CE Exam/Diagnosis	<p>Hormone Replacement Therapy Roundtable</p> <p>In this panel-style discussion, the educator team will review common challenges when prescribing and monitoring hormone replacement therapy for patients transitioning through perimenopause and menopause.</p>	Joel Evans, MD Wendy Warner, MD
7:30–10:00 am (15-minute break midway)	2.5 CE Exam/Diagnosis	<p>Hormonal Dysfunction in Men, Part 1</p> <p>Long before considering testosterone or other hormone replacement therapies in men, the clinician should be looking at therapeutic interventions that can modulate hormone action. Many nutraceutical, botanical, dietary, and lifestyle therapies have good scientific support for improving problems of fatigue, decreased muscle mass, impotence, and other sexual dysfunctions related to male hormonal disturbances. Dr. Holthouse will center his lectures on the history, physical examination, and laboratory evaluations that should be performed to better understand the pattern of hormonal dysfunction, as well as the best treatment options, including lifestyle, nutrition, supplementation, and pharmaceutical interventions. Areas covered include controversies around prostate cancer prevention, the effects of stress and weight on testosterone, testosterone replacement and aging, and andropause.</p>	Mark Holthouse, MD
10:45 am– 12:15 pm	1.5 CE Exam/Diagnosis	<p>Men's Health Case Study</p> <p>This case study presentation focuses on popular topics in men's health: metabolic dysfunction, prostate enlargement, low testosterone, and erectile dysfunction.</p>	Mark Holthouse, MD Joel Evans, MD

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		Question and answer session	
12:15–12:45 pm	0.5 CE Exam/Diagnosis	<p>The Center of the Functional Medicine Matrix: Mental, Emotional, and Spiritual Health Pt 3</p> <p>This talk will emphasize the relationship of stress to health and illness, as well as explain how spiritual practice and stress reduction can influence the course of disease and affect healing. Specific stress-reduction techniques and the literature documenting their effectiveness will be discussed. Finally, he will discuss the importance of introducing hope, connection, and spirituality as part of a therapeutic healing plan.</p>	Joel Evans, MD
12:45–1:45 pm	1.0 CE Exam/Diagnosis	<p>Live Question and Answer Session & Closing</p> <p>The focus of the Hormone Advanced Practice Module is to prepare the participant to evaluate and treat a variety of conditions intimately connected to hormonal dysfunction accurately and confidently. Dr. Evans will close the onsite portion of the module with a reminder of the take-home messages and clinical applications that you should be comfortable using come Monday morning.</p>	<p>Joel Evans, MD Mark Holthouse, MD Dan Lukaczer, ND</p>